

Kim Vazquez, Author in Recovery

Born into a military family, author Kim Vazquez lived in three different countries by the age of five. After the separation of her parents at age nine, her relationship with her father began to deteriorate and she entered her formative teen years with her self-worth spiraling downward. Estranged from her father at the age of eighteen, she began a series of destructive relationships while desperately seeking validation through a successful and demanding career in the mortgage industry. After the onset of chronic daily migraines she was introduced to Vicodin, the drug that seduced her into an addiction.

After tapping into a field of angels who surrounded her, and periodically intervened, Kim was led into a 12 step recovery program. Through angelic guidance she was able to overcome her addiction to painkillers and alcohol and find happiness. This remarkable story is told in Kim's first book, *Living in the Rear View Mirror: From Substance Abuse to a Life of Substance*. In her book, Kim takes readers on a spiritual journey and provides solid evidence on how our thoughts create our reality. The book illustrates the consequences of listening to the voice of old pain rather than your intuition. The book then shines a beam toward the path that leads out of the darkness and into the sun.

"No matter what your situation is in life – chronic pain, poor parental relationships, financial stress, destructive romantic relationships – whether you are on drugs or not, there is a better life available to you," stresses Vazquez, "if you are willing to seek it. Suffering is a habit, a mentality that needs to be challenged until it's released and then you can walk into a new and glorious existence."

Kim is now a recovered addict, and former business owner who found her true calling in helping others tune into their spiritual guidance. Although it took 24 years from her first angel sighting for her to embrace her spiritual gifts, she now derives the greatest joy from using these abilities to improve the quality of others' lives. She conducts Angel Readings through her practice, works as a spiritual counselor, and offers workshops and seminars in Placer County, California where she lives with her husband.

Media Contact: For a review copy of **Living in the Rear View Mirror: From Substance Abuse to a Life of Substance** or to arrange an interview with Kim Vazquez contact Scott Lorenz of Westwind Communications at scottlorenz@westwindcos.com

